

**Claims**

1. A food product comprising in percent by weight of dry matter, 0.5 – 5% of a viscous soluble fibre, 2 – 20% oat bran concentrate, and 7 – 35% cereal bran.
2. The food product according to claim 1, wherein the viscous soluble fibre is selected from the group comprising guar gum, xanthan, konjac mannan, or mixtures thereof.
3. The food product according to claim 1 or 2, wherein the cereal bran is selected from the group comprising wheat-, barley-, oat bran and mixtures thereof.
4. The food product according to any of claims 1 to 3, further comprising ingredients selected from the group of bulk sweeteners, fats, other cereals, fruits, nuts, and mixtures thereof, in total amounts of 33 to 85% by weight of dry matter.
5. The food product according to any of claims 1 to 4, which is a bar, a snack or a biscuit.
6. The food product according to any of claims 1 to 5, in particular suitable for endurance sports and/or for food intake control.
7. The product according to any of claims 1 to 6, in particular suitable for diabetic patients.
8. The use of viscous soluble fibre to synergistically increase viscosity of a food product, which also comprises oat bran and/or oat bran concentrate.
9. The use of cereal bran, to increase the viscosity of a food product, which also comprises a viscous soluble fiber and/or oat bran concentrate.
10. The use of 1 – 4%, in percent by weight of dry matter, of a viscous soluble fibre, 4 – 16% oat bran concentrate, and 10 – 30% oat bran in the preparation of a food product for providing energy for prolonged time, for slowing down

glucose appearance in blood, increasing viscosity of the food product,  
controlling food intake and/or providing prolonged satiety.